



# **The Southwater Infant Academy**

## **Food Policy**

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**Ratified: 28 June 2017**

**Next  
Review Date: May 2020**

## **Introduction**

At the Southwater Infant Academy we value all members of the Academy community and seek opportunities to promote their health and well-being whenever possible, thus making the Academy an enjoyable place to work and learn. We recognise that food and drink is a vital part of our health, emotional and social well-being and plays an important role in our different cultures. We are committed to communicating consistent messages about nutrition across the Academy to children, staff, parents and governors and work to encourage them to take personal and collective responsibility.

The purpose of this policy is to inform all members of the Academy community about the agreed systems and structures with regard to food and drink provided at our Academy to ensure a consistent approach.

The scope of this policy encompasses all food and drink consumed on the Academy site and as part of a school activity. It aims to promote the Balance of Good Health and to promote sustainability through reduced packaging, responsible recycling and disposal of the waste produced by food and drink.

We aim to teach the children that all food is good but that each of us needs to follow a healthy, well balanced diet. A healthy diet is defined as one where there is a balance of food and drink which provides the nutrients required in the right amounts.

## **Aims and objectives**

Our aim is for all aspects of Academy life to promote the health and well-being of all members of the Academy community, including food and nutrition, as part of our commitment to being a Healthy School.

Objectives:

- To set out a consistent approach to food and drink provision throughout the school day;
- That all our children learn about food and drink as part of a curriculum that supports health and well-being;
- To encourage parents and children to make healthy choices in their packed lunches and snacks;
- To provide suitable social settings for children and staff to consume food and drink;
- To work in partnership with parents and carers.

## **The Curriculum**

Teaching about food and drink forms part of the curriculum in: Science, Design and Technology, PSHE and citizenship, PE, literacy and RE. The curriculum framework for healthy eating sets out the curriculum coverage and continuity and progression through the Early Years Foundation Stage and Key Stage 1.

Wherever possible, practical and active teaching and learning opportunities will be provided for children, in particular to develop an understanding of the essential components of food, skills in the preparation of food and how these contribute to maintaining personal health. Lessons which use the creative learning opportunities of food and drink will also be developed across the curriculum.

## **Gardening**

The school is committed to teaching children about the origins of food and about the conditions required for healthy plant growth e.g. aspects of composting and the importance of water conservation.

All children in the Academy participate in growing fruit and vegetables in the designated class gardens. A Gardening Club also supports children's interest by providing opportunities for informal exploration and investigation within a supervised environment.

The whole Academy nature of learning about the many aspects of food and drink is reinforced through assemblies and in celebrations.

## **Healthy School Status**

Since 2007 we have held The National Healthy Schools Award national accreditation and are recognised as a Healthy School by West Sussex County Council Investors in Health organisation.

We are a nut free Academy and we receive fruit and vegetables daily as part of the National Fruit and Vegetable scheme. For many years we have encouraged all of the children to keep well hydrated by bringing bottles of drinking water to school for use throughout the day. Drinking water fountains are located adjacent to pupil cloakrooms, and we have installed a fountain in the playground also. There is a chilled, filtered water supply available for adults located in the workroom adjoining the staff room.

## **Food and drink provision**

### **School meals**

Hot meals are available for all children within the Academy, provided by The Easy Lunch Company. The company locally source the ingredients and each two course meal underlines the national guidelines from The Food Trust.

The Easy Lunch Company also makes every possible effort to cater for children with any food allergies or special dietary needs if they are contacted directly by the parents of the child. Menus outlining what the children will be eating each week are outlined on their website [www.theeasy lunchcompany.co.uk](http://www.theeasy lunchcompany.co.uk) allowing the children to choose which meals they would like to eat. The company is committed to non-discriminatory procedures to ensure all children who are eligible for free meals take up their entitlement.

### **Packed lunches**

The Academy takes steps to excite and motivate children to try new foods, and also to involve and consult with children and parents about school meals, and in particular, the contents of packed lunches. The Academy is committed to informing children and parents about approaches to the preparation of a packed lunch that is balanced and healthy. Healthy Lunch Box Leaflets are distributed and demonstration and tasting sessions planned within Fun and Fitness week.

The importance of children and staff having enough time to eat and digest lunch is taken into account when planning the Academy day.

### **Special dietary needs**

Parents are required to inform the Academy of allergies and other diet related medical conditions when enrolling their child. Parents are expected to inform the Academy of any conditions that develop during the period of time the child is attending. The Academy will support children with special dietary needs during the school day.

### **Snacks**

Children are provided with a piece of fruit or a vegetable every day as part of the Government's Healthy Fruit and Vegetable scheme. Children learn to recycle the waste from these foods through composting.

### **Celebrations, treats, rewards and birthdays**

The Academy recognises that food is often an important element of celebrations and will ensure that healthy options are available. During Christmas and Easter periods, the Academy accepts that small amounts of chocolate and confectionary will be shared in recognition of the special celebration. The Academy will only use non-food based rewards.

### **Drinks**

The Academy recognises the contribution that the consumption of sufficient water makes to learning, positive behaviour and health.

The Academy will meet its legal requirement to make clean, palatable water available to all children and staff throughout the school day. Parents are encouraged to provide an appropriate container for drinking water and to ensure that containers are kept clean and filled on a daily basis. Parents are provided with information about the value of drinking sufficient water.

### **Dining environment**

The Academy aims that all eating environments are welcoming and encourage the positive social interaction of children and staff. The Academy will specify areas for eating meals and will ensure all such areas have easy access to drinking water and facilities to dispose of and recycle waste.

### **Extended school and social activities**

The Academy will endeavour to ensure that all Academy social events and clubs operate consistently within the objectives of this policy.

### **Breakfast club and after school club**

The Breakfast and After School club provides healthy and tasty foods in accordance with national nutritional standards and ensures food is prepared in healthy and safe conditions by trained staff.

### **Partnership with parents**

The Academy will work actively with parents around food and diet. This will include:

- Information about balanced and healthy packed lunches;
- Information about the importance of drinking water;
- Communication with the Academy about allergies or food issues;
- Involvement in the healthy school group.

### **Academy events**

All events will aim to take into account the recommendations of this policy.

### **Professional development**

All Academy staff and governors will have access to opportunities for CPD to support the implementation of this policy. Groups of staff will have particular CPD needs, which will be addressed, for example for Midday Meal Supervisors, to encourage consistent implementation at lunchtime, and for teachers in respect of the food element in Design Technology.

## **Health and safety**

All food preparation will adhere to the Academy's Health and Safety policy and be carried out according to good food hygiene and preparation standards. Health and safety remains the responsibility of all staff. Wherever possible, food preparation will be carried out in designated areas.

The Academy's risk assessment procedures will include consideration of food hygiene and cooking equipment. Parents should notify the Academy in writing of any special medical dietary needs and the Academy will work in the best interests of the child.

## **Implementation**

The implementation of the Food Policy is the responsibility of the Academy's healthy school group, which will consider aspects of healthy eating as part of the on-going development in the Academy.

Year Group Leaders and Subject Leaders are responsible for the co-ordination of the curriculum in relation to food, drink and nutrition.

Regular consultation will be carried out with children, via the Academy and class councils, about food and drink provision.

## **Monitoring and Review**

The monitoring of this policy will be the responsibility of the Headteacher and the PSHE Subject Leader. The PSHE Subject Leader's annual report to the Governing Body will contain reference to aspects of food and drink at school. Progress with the healthy eating part of healthy school developments will be monitored as part of school improvement planning. Individual subject curriculum policies will set out the learning elements which relate to food and drink and these will be monitored as part of regular subject monitoring.